**FIT IN A MINUTE**

Prepare enough fitness stations to have approx. 8 students in each. Each station is 1 minute long. Students are paired up to compete/cooperate to achieve a certain number of repetitions.

*Examples of stations:*

**Over-under push-ups:** while one student is in the “up” part of the push-up, the other crawls underneath him. When he goes to the “down” part, the partner jumps over him. After 10 reps, change places.

**Back touches:** Begin in the “up” part of a push-up, body straight, alternate hands to touch the back.

**Tummy touches:** similar to back touches but the position is the opposite (face up, support on hands and feet, body straight), alternate hands to touch tummy.

**Crab-spider locomotion:** move from one cone to the other alternating each step in crab or spider position, lifting one hand and one feet to turn around.

**Pedometer craze:** Students will put on the pedometers and will jump, jog, walk, etc. to accumulate a certain number of steps in one minute.

**Sit-up and pass:** students sit on mats facing each other, one holding a ball/light medicine ball. Both students go down on their backs, and sit-up. The ball holder passes to the other student and they both go down again. Alternative: only one student at a time does the sit-up with ball while the other waits seated. They alternate.

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**GOLF +FIT +FUN RELAY**

Teams of 4-8 players lined up behind a cone. Each group has a polspot, a putter, a SNAG ball, and a SNAG target.

First player hits the ball from the polspot towards the target, places the putter by the ball, return running to team, high 5 the next player and jog one lap around the playing area (designated by cones, and always going in the same direction to prevent crashes). Runner does one activity on each corner (jumping jacks, jump rope, toss + clap + catch, balance beam). Players continue until they reach the Flagsticky after putting the ball under/over/around different obstacles.

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**ALTERNATIVES & ADAPTATIONS**

- Use bean bag tosses to different targets instead of balls, and different obstacles and/or targets.
- Use soccer skills (passing with inside of foot to get the ball inside a hoop or between cones)
- Adapt activities to children’s age and developmental level
TIC TAC TOE-BASKET / TIC TAC TOE PYRAMID

This fast paced activity is great for practicing basketball shooting skills, teamwork and to learn the tic-tac-toe game.

Facilities:
Two basketball hoops
Draw a big tic-tac-toe board (about 4ft per side each square)

Equipment:
3-4 basketballs per team

Number of participants:
5-8 per team

How to play it:
Teams line up in front of the basketball hoop. The Tic-tac-toe board is drawn at the center of the basketball court. One team will be the “X’s” and another the “O’s”. The “X’s” will hold their arms open wide over their head, while the “O’s” will hold their arms forming a circle over their head. Students take turns shooting baskets. When they make a basket, the student runs to take a spot in the TIC TAC TOE board using the “x” or “o” position. When either of the teams completes a line (as in a tic-tac-toe game), everybody returns to their team and continue playing. Once a student has chosen a square, he/she is not allowed to change squares.

Alternatives
TIC TAC TOE PYRAMID: Place a pile of 6 buckets for each team at the center of the court. When a student scores a basket, runs to the center, picks up a bucket and puts the first one for a 6-bucket pyramid. The team that first completes a pyramid wins / start over.
Require a specific form of locomotion to go to the tic-tac-toe board
Require a specific shooting technique
Require a specific shooting distance

Rock/paper/scissors/Tag!!!
Make teams of 5-6 players. Each team makes a line in front of another team. The first players come to the center, play R/P/S. The winner chases the loser. If loser is tagged, he/she must go to the other team. The next players come to play. When a team has no more participants, the game is over and they can re-start.

Mosquito, bears, salmon: (I learned this one in a Project Adventure workshop)
Teams (5-30 players) huddle to decide if they will be mosquitoes, bears, or salmon (Mosquitoes sting bears/bears eat salmon/salmon eat mosquitoes). They then stand facing each other on a line about 3-4 feet apart. On the count of 3 they show their animal (mosquitoes: hold nose with one hand and extend the other in front buzzing / bears: raise both claws up in the air while growling / salmon: hands together in front, waving them like a fish, making fish noises). When they realize who gets who, they must run and try to tag the opposite team’s players, bringing them to their group. Let them know they should not get too attached to their teams as teams will change after each play. The game is over when one team has run out of players.
MAKE IT TAKE IT!

Tossing-throwing skills, locomotion skills, math and spelling skills.

• Spread numbered polyspots and 5-6 hoops in a basketball court. Students are paired up behind cones. Each pair has one bean bag.
• Students must walk/hop/skip, etc. to a polyspot and from there toss/throw/slide the bean bag trying to score inside the hoop. If they make it, they take the polyspot, retrieve their bean bag and go back to the cone to give the bean bag to the partner. Play until all spots are gone!
• At the end, add, multiply, subtract, divide their numbers. See which team has the most polyspots, higher totals, more odd or even numbers, a multiple of a specific number, etc.
• **Variation 1**: Raffle (“Who has a multiple of 7?” – the group that has it gets to pick up the polyspots from the others and spread them around the court. Students love this part!).
• **Variation 2**: write a letter behind each polyspot. At the end, have students write the longest word/ the most amount of words with the letters retrieved, or a word from the current spelling list for the class.

PRE-PACKAGED WARM-UPS and FUN DANCE/RHYTHM ACTIVITIES

**Song: The Lion Sleeps Tonight**

*(When you hear “the lion sleeps tonight” jump and make full turn)*

- Wee-iii-... mamamwae... - Stretch as high as you can
- A-win-ma-wae – Jumping Jacks
- In the Jungle... - push-ups
- In the village... - sit-ups
- Clarinet solo – bicycle kicks
- Hush my darling - lunges
- Wee-iii-... mamamwae – stretch touching toes

**Song: Stomp and Clap** (Learning Station – Physical Ed)

*Stomp-stomp-clap ... stomp your foot and clap your hands to the beat*

*Mary Mary quite contrary... DANCING STEPS: 1,2,3,4 steps forward-clap, 1,2,3,4 steps back-clap – 1,2,3,4 skipping forward, 1,2,3,4 skipping backward – 1,2,3,4 grapevine right, 1,2,3,4 grapevine left – 1,2,3,4 grapevine right with turn, 1,2,3,4 grapevine left with turn.*

*Put your hands down by your side... face partner, clap, high 5 opposite hands, repeat.*

*Eenie-meenie-..... DANCING STEPS*

*Put your hands down by your side... face partner, clap, high 5 opposite hands, while walking in circles around each other, repeat*

*Jack & Jill went up the hill... DANCING STEPS*

*Put your hands down by your side... back to back, turn to one side and clap opposite hands, repeat to the other side.*

*Mary had a little lamb... DANCING STEPS*

*Put your hands down by your side... Over under: partners hold both hands up high and move around weaving under or over other pairs (organized chaos!!!)*

**ALTERNATIVE VERSION FOR K-1:** Have children stand in a circle. Stomp and clap (same as above), then hold hands and take 4 steps forward, 4 steps back (4 sets), walk in circle holding hands until the next Stomp-clap. Great for learning basic rhythm, and following instructions. My kids love it!
INDEPENDENT GROUP WORK: This type of station work promotes leadership, student responsibility and owning the effort in class. The teacher can go around checking and giving feedback. Great class activity to review already taught skills, and include fitness activities.

• Make groups of 3-4 students.
• Select a team leader (oldest, youngest, longest first name, longest hair, shortest hair, intermediate height, etc.) Give each team leader a task card and tell leaders to walk around the stations to locate them and get an idea of what they are.
• All task cards are similar, except they have a mark by one of the stations. This is the station in which the group must begin working.
• When the leaders are back, groups begin going from station to station, completing all tasks.
• ALTERNATIVE: For younger students, make teams and have them go from station to station following the teacher stop/go signals.

**TASK CARD**

1. Push-ups on chair (10)
2. Bounce – shoot baskets (10)
3. Fancy Dribble (30)
4. Jog one lap
5. Sit-Reach 30 seconds
6. Monkey in the middle (10 passes)
7. Dribble with Preferred Hand (30)
8. Upstack and downstack buckets (2 times)